CONTENTS

Chapter – I : INTRODUCTION .......... 1-15

1.1. What is an adjustment .......... 1
1.2. Why the adjustment is needed .... 4
1.3. Adjustment problems in adolescents .... 6
1.4. Factors affecting adjustment .... 9
1.5. Need for the study .......... 10
1.6. Resume of the succeeding chapters. ... 15

Chapter – II : REVIEW OF RELATED LITERATURE ... 16-66

2.1. The ‘why’ of the review .... 16
2.2. Need to know about the related literature ... 18
2.3. Adjustment Process .... 19
2.4. Adolescence Stage .... 21
2.5. Aspects of Adjustment .... 22
2.6. Who is an Adolescence .... 24
2.7. Different adjustment problems at adolescence ... 24
2.8. Characteristics of a well adjusted person ... 26
   2.8.1. Physical development and changes ... 28
   2.8.2. Mental development and changes ... 30
   2.8.3. Emotional development and changes ... 31
   2.8.4. Social development and changes ... 32
   2.8.5. Moral and Religious development and changes ... 33
2.9 Studies related to Adjustment Problems ... 34
   2.9.1 Gender Vs Adjustment Problems ... 34
   2.9.2 Type of School Vs Adjustment Problems ... 37
   2.9.3 Parental Education Vs Adjustment Problems ... 44
   2.9.4 Locality Vs Adjustment Problems ... 52
   2.9.5 Religion Vs Adjustment Problems ... 53

2.10 Studies related to Academic Achievement ... 54

Chapter III: METHOD OF INVESTIGATION ... 67 - 110

3.1. Statement of the problem ... 67
3.2. Scope of the study ... 69
3.3. Objectives of the study ... 71
3.4. Hypotheses ... 72
3.5. Variables ... 76
   3.5.1 List of dependent and independent Variables ... 76
   3.5.2 Brief description of variables ... 77
   3.5.3 Personality Characteristics ... 83

3.6 Tools used in the present study ... 92
3.7 Adjustment Problems Scale ... 93
   3.7.1 Construction of the Preliminary Form ... 93
   3.7.2 Pilot Study ... 94
   3.7.3 Selection of the items for the final form ... 95
   3.7.4 Validity ... 101
   3.7.5 Reliability ... 102
3.8 Study Habits Inventory ... 103
3.9 Home Environment Scale ... 104
<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.10</td>
<td>Academic Achievement</td>
<td>105</td>
</tr>
<tr>
<td>3.11</td>
<td>Personality Characteristics Questionnaire</td>
<td>106</td>
</tr>
<tr>
<td>3.11.1</td>
<td>Adaptation of the instrument HSPQ</td>
<td>106</td>
</tr>
<tr>
<td>3.11.2</td>
<td>Scoring Procedure</td>
<td>106</td>
</tr>
<tr>
<td>3.11.3</td>
<td>Validity and Reliability of HSPQ</td>
<td>107</td>
</tr>
<tr>
<td>3.12</td>
<td>Personal Data Sheet</td>
<td>108</td>
</tr>
<tr>
<td>3.13</td>
<td>Sample</td>
<td>108</td>
</tr>
<tr>
<td>3.14</td>
<td>Administration of tools and data collection</td>
<td>109</td>
</tr>
<tr>
<td>3.15</td>
<td>Analyses</td>
<td>110</td>
</tr>
</tbody>
</table>

Chapter IV: RESULTS AND DISCUSSION | 111 - 245

SECTION A: Adjustment Problems

4.1 Description of distribution of Adjustment problem scores | 111
4.2 Adjustment Problems of 10th class students | 113
4.3 Type of school, gender and management Vs Adjustment Problems | 117
4.4 Areas of Adjustment Problems | 127
4.4.1 Social Adjustment Problems | 127
4.4.2 Emotional Adjustment Problems | 137
4.4.3 Educational Adjustment Problems | 145
4.5 Locality Vs Adjustment Problems | 152
4.6 Caste Vs Adjustment Problems | 153
4.7 Religion Vs Adjustment Problems | 156
4.8 Type of Family Vs Adjustment Problems | 159
4.9 Staying with whom Vs Adjustment Problems | 160
4.10 Birth Order Vs Adjustment Problems ...
4.11 Father education status Vs Adjustment Problems ...
4.12 Mother education status Vs Adjustment Problems ...
4.13 Parents Occupation Vs Adjustment Problems ...
4.14 Study Habits Vs Adjustment Problems ...
4.15 Home Environment Vs Adjustment Problems ...
4.16 Personality factors Vs Adjustment Problems ...

4.16.1 Impact of HSPQ on the Social Adjustment Problems ...
4.16.2 Impact of HSPQ on the Emotional Adjustment Problems ...
4.16.3 Impact of HSPQ on the Educational Adjustment Problems ...

Summary of Section – A ...

SECTION – B : Academic Achievement

4.17 Type of school, gender and management Vs Academic Achievement ...
4.18 Locality Vs Academic Achievement ...
4.19 Community Vs Academic Achievement ...
4.20 Religion Vs Academic Achievement ...
4.21 Type of Family Vs Academic Achievement ...
4.22 Staying with whom Vs Academic Achievement ...
4.23 Birth Order Vs Academic Achievement ...
4.24 Fathers' Education level Vs Academic Achievement ...
4.25 Mothers' Education level Vs Academic Achievement ...
4.26 Parents Occupation Vs Academic Achievement ...
4.27 Study Habits Vs Academic Achievement ... 217
4.28 Home Environment Vs Academic Achievement ... 217
4.29 Personality Characteristics Vs Academic Achievement... 218

Summary of Section – B ... 221

SECTION – C : Multiple Regression Analysis

4.30 Meaning and nature of regression analyses ... 222

4.30.1 Prediction of overall adjustment problem scores with the help of 28 independent variables ... 224

4.30.2 Prediction of Social adjustment problem scores with the help of 28 independent variables ... 229

4.30.3 Prediction of Emotional adjustment problem Scores with the help of 28 independent variables...234

4.30.4 Prediction of Educational adjustment problem scores with the help of 28 independent variables ... 239

Summary of Section – C ... 244

Chapter – V : SUMMARY AND CONCLUSIONS ... 246 - 266

5.1. Summary ... 246
5.2. Major findings of the study ... 258
5.3. Conclusions ... 260
5.4. Educational implications ... 263
5.5. Limitations and Suggestions for further research 264
<table>
<thead>
<tr>
<th>Appendix</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appendix – A:</td>
<td>Adjustment Problems Inventory – Preliminary form (English version)</td>
</tr>
<tr>
<td></td>
<td>291</td>
</tr>
<tr>
<td>Appendix – B:</td>
<td>Adjustment Problems Inventory – Final form (English version)</td>
</tr>
<tr>
<td></td>
<td>298</td>
</tr>
<tr>
<td>Appendix – C:</td>
<td>Study Habits Inventory— (English version)</td>
</tr>
<tr>
<td></td>
<td>304</td>
</tr>
<tr>
<td>Appendix – D:</td>
<td>Home Environment Inventory (English Version)</td>
</tr>
<tr>
<td></td>
<td>308</td>
</tr>
<tr>
<td>Appendix – E:</td>
<td>14-PF Questionnaire Form –A (English Version)</td>
</tr>
<tr>
<td></td>
<td>310</td>
</tr>
<tr>
<td>Appendix – F:</td>
<td>Personal Data sheet (English version)</td>
</tr>
<tr>
<td></td>
<td>326</td>
</tr>
<tr>
<td>Appendix – G:</td>
<td>Adjustment Problems Scale – Preliminary form (Telugu version)</td>
</tr>
<tr>
<td></td>
<td>327</td>
</tr>
<tr>
<td>Appendix – H:</td>
<td>Adjustment Problems Scale – Final form (Telugu version)</td>
</tr>
<tr>
<td></td>
<td>336</td>
</tr>
<tr>
<td>Appendix – I:</td>
<td>Study Habits Inventory— (Telugu version)</td>
</tr>
<tr>
<td></td>
<td>342</td>
</tr>
<tr>
<td>Appendix – J:</td>
<td>Home Environment scale (Telugu Version)</td>
</tr>
<tr>
<td></td>
<td>346</td>
</tr>
<tr>
<td>Appendix – K:</td>
<td>14-PF Questionnaire form –A (Telugu Version)</td>
</tr>
<tr>
<td></td>
<td>348</td>
</tr>
<tr>
<td>Appendix – L:</td>
<td>Personal Data sheet (Telugu Version)</td>
</tr>
<tr>
<td></td>
<td>364</td>
</tr>
</tbody>
</table>

* * *